

**AMENDMENTS TO THE CLAIMS:**

The following listing of claims replaces all prior listings, and all prior versions, of claims in the application.

**LISTING OF CLAIMS:**

1. (Original) A food ingredient that is a mixture of bran and shorts obtained by grinding a seed of wheat or barley during maturation period from immediately after the heading until the maturation, wherein the content of free glutamine is 150 to 405mg/100g, the content of valine is 190 to 325mg/100g, the content of isoleucine is 125 to 145mg/100g, the content of leucine is 350 to 520mg/100g and the content of arginine is 155 to 260mg/100g.
2. (Original) A food ingredient that is a 60% flour obtained by grinding a seed of wheat or barley during maturation period from immediately after the heading until the maturation, wherein the content of free glutamine is 70 to 155mg/100g, the content of valine is 65 to 125mg/100g, the content of isoleucine is 30 to 60mg/100g, the content of leucine is 120 to 175mg/100g and the content of arginine is 105 to 305mg/100g.
3. (Currently amended) A method of the production of a food ingredient which comprises allowing a mixture of bran and shorts obtained by grinding a mature seed of wheat or barley selected from a group of wheat, malting barley and naked barley to be immersed in water under a condition of a pH of 3.0 to 5.5 and at 40 to 60°C for 1 to 6 hours, wherein the content of free glutamine is 20 to 430 mg/100g, the content of valine is 20 to 435mg/100g, the content is isoleucine is 15 to

130mg/100, the content of leucine is 35 to 435mg/100g and the content of arginine is 25 to 300mg/100g.

4. (Currently amended) A method of the production of the food ingredient according to claim ~~1-2~~ which comprises allowing a ground product of a seed of wheat or barley selected from a group of wheat, malting barley and naked barley during maturation period from immediately after the heading until the maturation to be immersed in water under a condition of a pH of 3.0 to 5.5 and at 40 to 60°C for 1 to 6 hours.

5. (Currently amended) The method of the production of the food ingredient according to claim ~~4~~ wherein the ground product of the seed of wheat or barley is at least one selected from a group of whole meal, bran, shorts, red dog, and 60% flour.

6. (New) The method of the production of the food ingredient according to claim 3 wherein the ground product of the seed of wheat or barley is at least one selected from a group of whole meal, bran, shorts, red dog, and 60% flour.

7. (New) A method of production of the food ingredient according to claim 2 which comprises allowing a ground product of a seed of wheat or barley selected from a group of wheat, malting barley and naked barley during maturation period from immediately after the heading until the maturation to be immersed in water under a condition of a pH of 3.0 to 5.5 and at 40 to 60°C for 1 to 6 hours.

8. (New) The method of the production of the food ingredient according to claim 7 wherein the ground product of the seed of wheat or barley is at least one selected from a group of whole meal, bran, shorts, red dog, and 60% flour.